



# ITF 7th Kup Yellow Belt (Green Tag) Grading Syllabus

## Theory

- 1. What is the meaning of the pattern Do-San?** – Do-San is the pseudonym of the patriot An Chang-Ho (1876-1938) the 24 moves represent his entire life, which he devoted to furthering the education of Korea and its independent movement.
- 2. How many moves in pattern Do-San?** – 24
- 3. What section is the first block in pattern Do-San?** – High section.
- 4. What is thrust in Korean?** Tulgi.
- 5. What is the difference between a thrust and a strike?**
- 6. What is side piercing kick and turning kick in Korean?** Yop Chajurugi & Dollyo Chagi.
- 7. What part of the foot do you use for both of the above in Korean?** Yop Chajurugi, (Footsword) Balkal, Dollyo Chagi (Ball of the foot) Ap Kumchi.
- 8. What are fingertips in Korean?** – Sonkut.
- 9. What is a wedging block in Korean?** – Hechyo Makgi.
- 10. What is straight fingertip thrust in Korean?** – Sun Sonkut Tulgi.
- 11. What is the release move in Korean?** – Jappyosol Tae.
- 12. What is a back fist strike in Korean?** – Dung Joomok Taerigi
- 13. Demonstrate and explain sitting stance:** – Annon sogi, 50/50 weight distribution, shoulder width and a half from big toe to big toe.
- 14. Why do we practise sitting stance?**

**15. Name 6 blocks in English and Korean:** – Outer forearm low block (Najunde bakat palmok makgi) – Inner forearm middle block (Kaunde an palmok makgi) Outer forearm high block (Nopunde bakat palmok makgi) Rising block (Chookyo makgi) Twin forearm block (Sang Palmok makgi) Forearm guarding block (Palmok Daebi makgi)

## Korean Terms

General Terms		Defensive Moves		Offensive Moves		Parts of the Body	
English	Korean	English	Korean	English	Korean	English	Korean
Kick	Chagi	Forearm Guarding Block	Palmok Daebi Makgi	Turning Kick	Dollyo Chagi	Footsword	Balkal
Thrust	Tulgi	High Outer Forearm Block	Nopunde Bakat Palmok Makgi	Side Kick	Yop Chagi	Ball of Foot	Ap Kumchi
Straight	Sun	Wedging Block	Hechyo Makgi	Backfist Strike	Dung Joomuk Taerigi	Backfist	Dung Joomuk
<b>Sparring</b>		Release Move	Jappyolsol Tae	Straight Fingertip Thrust	Sun Sonkut Tulgi	Fingertips	Sonkut
English	Korean						
Semi-Free Sparring	Banjayo Matsoki						

### DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

#### Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

#### Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

### TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

#### Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

### CONTACT

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